



Are you interested in  
quitting nicotine?

# FREE VIRTUAL QUIT NICOTINE CLASSES

Join a free 1-hour orientation to virtual quit nicotine classes hosted by the American Lung Association on Zoom.

## ORIENTATION CLASS

WEDNESDAY, OCTOBER 7TH | 2-3 P.M.

CLASSES EVERY WEDNESDAY FROM 2-4 P.M.  
FOR 4 WEEKS (OCT 14TH - NOV 4TH)



**Quitting isn't easy, start your QUIT journey NOW!**  
Get the tools and support you need to be successful.

**For more information or to register, email:**  
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